

# STATE of WISCONSIN



## OFFICE of the GOVERNOR

# Proclamation

*WHEREAS*; building resilience—the ability to adapt and recover from adversity—within ourselves, our relationships, and our communities, matters; and

*WHEREAS*; trauma and toxic stress are both a risk factor for, and a painful consequence of, some of Wisconsin's most complex public health challenges; and

*WHEREAS*; when we build resilience, we take a step closer to healthier future for all of us; and

*WHEREAS*; Resilient Wisconsin is a new statewide initiative from the Wisconsin Department of Health Services that aims to provide Wisconsinites with the tools we can all use to build resilience; and

*WHEREAS*; the beginning of 2020 has presented unprecedented and unexpected challenges for all Wisconsinites, our communities, and our state; and

*WHEREAS*; COVID-19 has presented unique problems, especially for Wisconsinites already affected by anxiety, depression, trauma, toxic stress, and those who have other mental and behavioral health needs; and

*WHEREAS*; now more than ever, we are called upon to remember our Wisconsin values of kindness, respect, empathy, and compassion, not only in how we treat ourselves as we navigate these difficult times, but in how we treat our neighbors as we lean on and support each other during the COVID-19 pandemic; and

*WHEREAS*; supportive, healthy relationships are essential, especially in times of trial, and it is always okay to ask for help when we need it; and

*WHEREAS*; resilience does not mean having to endure challenges alone, but how we band together and grow into a stronger, more connected state in the face of these unprecedented challenges; and

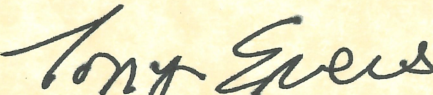
*WHEREAS*; Wisconsin is resilient, and resilience is the way forward;

NOW, THEREFORE, I, Tony Evers, Governor of the State of Wisconsin,  
do hereby proclaim May 2020 as


## RESILIENT WISCONSIN MONTH

throughout the State of Wisconsin and I commend this observance  
to all our state's residents.

IN TESTIMONY WHEREOF, I have  
hereunto set my hand and caused the  
Great Seal of the State of Wisconsin  
to be affixed. Done at the Capitol in  
the City of Madison this 21<sup>st</sup> day  
of April 2020.

  
TONY EVERS  
GOVERNOR

I, the Governor:

  
DOUGLAS LA FOLLETTE  
Secretary of State

